

AFRH - W / MASTER MENU / L -1, 2020 CYCLE FIVE - REGULAR LINE			
5->	BREAKFAST	LUNCH	DINNER
M O N 7-Sep 2020	Donuts / Assorted Muffins Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled French Toast Pork Bacon Biscuits / Sausage Gravy	Vegetable Beef & Barley Soup Loaded Potato Soup Seafood Salad Grilled Liver and Onions Rice w/Gravy Okra & Tomatoes Blackeyed Peas Corn Muffins / Cornbread	Loaded Potato Soup Vegetable Beef & Barley Soup Deli Chicken Grill Chop Steaks/Onions Mashed Potatoes & Gravy Buttery Green Peas Greek Salad Dinner Rolls / White & Wheat Bread
T U E S 8-Sep 2020	Donuts / Bran Muffins Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Chipped Beef Lyonnaise Potatoes Biscuits / Country Gravy	Pinto Bean Soup Turkey Noodle Soup Italian Sausage, Peppers, Onions Sheppards Pie Buttered Corn Normandy Blend Vegetables Garlic Bread	Turkey Noodle Soup Pinto Bean Soup Sliced Deli Turkey Codfish Cakes Wild Rice w/Cream Sauce Brussel Sprouts Sautéed Rutabagas Dinner Roll / White & Wheat Bread
W E D 9-Sep 2020	Donuts / Assorted Muffins Coffee Cake Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Pork Bacon Hash Browns Biscuits / Country Gravy	Tomato Soup Caribbean Chicken Soup Turkey Salad Smothered Pork Chops Baked Sweet Potatoes Cauliflower Creamed Spinach Dinner Rolls / White & Wheat Bread	Caribbean Chicken Soup Tomato Soup Assorted Sliced Deli Cold Cuts Jamaica Jerk Chicken Black Beans & Rice Steamed Cabbage Roasted Plantain Bread
T H U R S 10-Sep 2020	Donuts / Bran Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Sausage Link / Scrapple Apple Pancakes Biscuits / Country Gravy	Italian Wedding Soup Split Pea Soup Sloppy Joes w/Buns Great Northern Beans / Smoked Sausage Rice California Blend Vegetables Sautéed Squash Assorted Rolls	Split Pea Soup Italian Wedding Soup Sliced Deli Roast Beef Roasted Turkey w/Gravy Cornbread Dressing / Cranberry Sauce Mashed Potatoes / Stewed Tomatoes Green Bean Casserole Dinner Rolls / White & Wheat Bread
F R I 11-Sep 2020	Donuts / Assorted Muffins Assorted Danishes Oatmeal / Cream of Wheat Eggs to Order Eggs - Scrambled / Hard Boiled Creamed Ground Beef Home Fried Potatoes Biscuits / Country Gravy	Chicken & Rice Soup Chili Bean Soup Egg Plant Parmesan Salmon Patties Macaroni & Cheese Turnip Greens Southern Fried Succotash Corn Muffins / Cornbread	Chili Bean Soup Chicken & Rice Soup Sliced Deli Ham Open Faced Roast Beef w/Au Jus Steak Fries Creamy Mexican Country Corn Coleslaw Hoagie Roll / White & Wheat Bread
S A T 12-Sep 2020	Donuts / Assorted Muffins Scones Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Corned Beef Hash O'Brian Potatoes Biscuits / Country Gravy	Knickerbockers Soup Lobster Bisque Egg Salad Barbeque Pulled Pork / Buns Potato Logs Asparagus Spears Fried Zucchini Bread Stick	Lobster Bisque Knickerbockers Soup Assorted Sliced Deli Cold Cuts Chicken Alfredo Fettuccini Broccoli Sautéed Carrots Garlic Bread / White & Wheat Bread
S U N 13-Sep 2020	Donuts / Assorted Muffins Cinnamon Rolls Oatmeal / Grits Eggs to Order Eggs - Scrambled / Hard Boiled Grilled Ham Steaks Peachy Belgian Waffles Biscuits / Country Gravy	Chicken Tortilla Soup Cream of Broccoli Soup Turkey & Cheese Croissant Yakisoba Beef Lima Beans Broccoli Tomato Salad Yeast Rolls	Cream of Broccoli Soup Chicken Tortilla Soup Sliced Deli Turkey Barbeque Ribs Potato Salad / Baked Beans Collard Greens Sauteed Corn Corn Muffins / Cornbread / White/Wheat

DESSERTS - REGULAR LINE		DESSERTS - DIET LINE	DAILY SHORT ORDER LINE - LUNCH ONLY
Mon	Lemon Meringue	NSA Apple Pie	Grilled Hamburgers w/ Buns / Sliced Cheese
Tue	Peanut Butter Cookies ***	Assorted SF Cookies	Grilled Hot Dogs w/ Buns / Chili / Cheese Sauce
Wed	Brownie ****	Vanilla Pudding, NSA	Grilled Chicken Breast w/ Corn Rolls
Thu	Rice Pudding	Sponge Cake w/Diced Pears	Grilled Cheese Sandwiches on White or Wheat
Fri	Pecan Pie	NSA Peach Pie	Condiments: Green Leaf Lettuce / Sliced Tomatoes
Sat	Chocolate Chip Cookies	Assorted SF Cookies	Sliced Red Onions / Dill Pickle Slices
Sun	Peach Cobbler	Fresh Fruit Cups	Horseradish / Bacon / Assorted Chips
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